

NEVADA LIBRARY Q&A/CHECK-IN

10 am, Tuesday, September 15, 2020

with Tammy Westergard

Nevada State Library, Archives and Public Records Administrator

Tuesday @ 10 - Intentions



to promote unity,
fraternity, and help
build resilience



to debrief and share



to assist in the response
phase and start the
recovery phase.



to learn and be better
prepared

Agenda

01

10 Minute
Wellness:
Learning during
COVID19

02

Q&A with Lisa
Keating

03

Save the Date

04

Check-in



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September Wellness Overview

As kids and parents try to navigate all of the changes to school this fall (on-line, partial schooling, all in but with serious social distancing) Menninger-trained clinical psychologist, Lisa Keating, PhD, shares what it is like psychologically to be a kid or a parent right now, during a global pandemic health crisis.

“If we don’t understand this part, we won’t be able to help youth and parents access services and educational interventions. Even the best intentions from adults, can be rejected, misunderstood, or experienced as frustrating or dismissive, if we don’t talk and engage with kids in ways that are helpful to them,” says Dr. Keating.

The series is organized for three age groups: K-5th grade; middle school and high school/young adult.

Lisa Keating, Ph.D.

Lisa Keating, Ph.D., has a Bachelors in Human Development and Family Studies from Oregon State University, a Masters Degree in Child Development from San Diego State University, and a Doctorate from Alliant University. She completed a two-year post-doctoral fellowship in Child and Adolescent Psychology at the Menninger Institute.

Dr. Keating has worked as a consultant to two of the local school districts and to the Washoe Indian Tribe. For the last ten years she has been the Clinical Director for Reno Municipal Court Co-Occurring Disorders Practice. She has been in private practice in Carson City since 2001 and works with children, teens and adults.



SESSION 3

How to support parents during COVID19

Parents

Working parents make up roughly one-third of the U.S. workforce



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New York Times nationwide survey*

- Only 1 in 7 parents say their children will be returning full time to in-person instruction for the 2020-21 school year
- 4 of 5 parents say they had no outside help in educating or providing childcare for their children.
- More than half of the parents said they will need to be actively overseeing and administering their children's remote learning plans in addition to working full time in or outside the home.
- Among parents who work solely outside the home, 75% said they are still responsible for managing their children's e-learning schedules.
- Fifty-four percent of mothers said they were in charge of their children's online learning, compared with 29% of fathers, but all parents reported a sense of loss and feeling stranded.

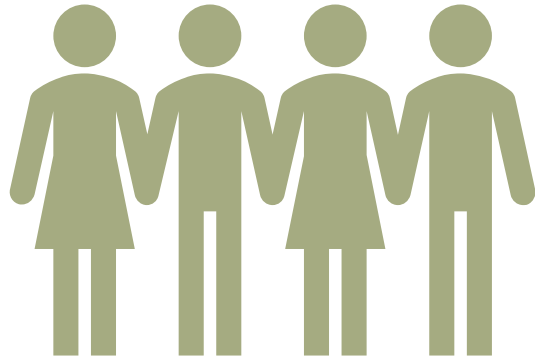
* <https://www.nytimes.com/2020/08/19/upshot/coronavirus-home-school-parents.html>

*Rapid Assessment of Pandemic Impact on Development Early Childhood Survey Project**

- 68% of caregivers of children under the age of 5 report a significant increase in stress from before the pandemic
- 78% report their child has been exhibiting behavior problems since most of the United States shuttered schools and daycares in March.
- Parents report they are yelling more (no statistic given).
- 63% of parents stated they had lost emotional support since the pandemic began. They reported that it isn't illness that is their primary stress, it has been how to feed, clothe, educate, and house their children.
- 1 in 6 families are now food insecure.

*<https://www.usatoday.com/story/news/health/2020/08/19/covid-pandemic-taking-toll-families-young-children/5585373002/>

Helping Parents



- Coming from a grounded place, realize they are doing the best they can in an undoable situation, likely with little support. Tell yourself, no matter what or how they are doing, they are doing the best they can.
- Listen, empathize, tell them they are doing a good job
- Help them more than you normally would; walk them to the information, tell them exactly where things are.
- Have a handout for parents with important information like the next slide, Edutopia, [Childmind.org](https://www.childmind.org).

John Hopkins: Covid-19 Mental Health Strategies for Parents*

1. **Make time for yourself.** We have lost small moments of time that we had to ourselves, (daily commutes, time alone in our home or a store, social connections). Be creative about carving a few minutes each day to recharge or decompress (music/movement, artwork, shower and walk around the block). If it's impossible to be solo, schedule something enjoyable with your child (virtual meal with friends, virtual lessons, art, dance break).
2. **Setting realistic expectations.** There is no script. Set small achievable goals for the day or hour. Remember to prioritize what is important to you and your kids, and be forgiving to yourself if it's not "perfect."
 - A lot of schools are giving work that is unrealistic. Families must decide what is realistic for them. Encourage parents to ask what their child needs to learn this year, not what work they still need to do. Each grade focuses on certain skill development; make sure the child learns these skills & worry less about getting all of the school work/homework done. (*New York Times*, August 2020)
3. **Be careful of friends or sources that compound the sense of "mom/dad guilt"** and be mindful of how you talk to/think about yourself; negative internal dialogue can be detrimental to emotional health and well being
4. **Set boundaries.** If you have a friend or family member that is prone to worst-case scenarios, take a break. That person's anxiety will only heighten yours. Set your intentions for the day so that you can guide the day instead of it guiding you.
5. **Celebrate success** no matter how small! We must highlight the things that have gone well.

*<https://www.hopkinsallchildrens.org/ACH-News/General-News/Mental-Health-Strategies-for-Parents-during-COVID>



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Young Adults

- Check in on young adults
 - Depression, mental health, or suicide? Don't worry that asking will be creating or exacerbating the problem.
 - "The most helpful thing you can do for somebody who might be struggling is ask them. Parents often don't have as good a sense as they think they might of how their child is doing."
- Encourage young adults to find safe ways to stay connected.
 - Even people who are physically apart, can "stay socially connected, checking in with friends and family often to talk about these concerns."
- Adults don't have to pretend to have answers.
 - Acknowledge your own worries and uncertainties
 - It's important for young adults to understand that their parents/adults haven't got it all figured out — and that they're willing to talk about it and try to work through their questions.

Nevada State Library Covid-19 toolkit

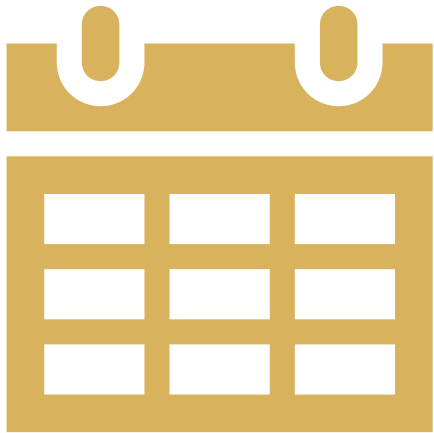


10 Minute Wellness webinars and resources
posted here



<https://nsla.nv.gov/COVID19/10MinuteWellness>

Save the Date - update



READ Nevada Virtual Event

- Rescheduled to October 14, 2020 @ 2 pm
- Sneak peek: Gov. Sisolak celebrates reading, summer reading trends, library online story times, and more



CHECK-IN

Comments, concerns, observations?

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VIRTUAL COFFEE BREAK

An informal, after-meeting chat opportunity